

A. Principles

1. The Board supports and encourages a healthy eating environment and culture in our school.
2. We consider that healthy food and beverage choices can enhance educational outcomes.
3. Food and nutrition education is an integral part of a comprehensive health education programme. Teaching and learning about food and nutrition is based on Health and Physical Education in the New Zealand Curriculum, Hauora i roto i te Marautanga o Aotearoa, the Ministry of Health's Food and Beverage Classification system, and the Food and Nutrition Guidelines for the relevant age group.

B. Purposes

1. To help young people find accurate and unbiased information about healthy eating.
2. To encourage young people to clarify their own ideas about making healthy eating choices.
3. To help young people develop the skills they need to make responsible decisions about healthy eating.
4. To help young people understand the factors that influence their food and beverage choices and the possible long-term effects of their choices on their well-being.
5. To ensure that predominantly food and beverages that enhance young people's health are sold or served.
6. To provide an environment that encourages and supports healthy eating.

C. Definitions

1. Everyday foods:
Foods from the four food groups – all the time
 - Fruit and vegetables
 - Bread and cereals
 - Milk and milk products
 - Meat, fish, eggs
2. Sometimes foods:
For restricted provision and in appropriate serving sizes – small servings, maybe once a month
 - Pizza
 - Muffins
 - Macaroni cheese
 - Potato Top Pies (with the Heart Foundation tick)
3. Occasional foods:
Maybe once a term
 - Sweets
 - Deep fried foods
 - Pies
 - Sausage rolls

D. Procedures**In the Context of the Curriculum**

1. All food and beverages provided or served on the premises will meet the recommendations of the Ministry of Health's Food and Nutrition Guidelines and the Food and Beverage Classification System.
2. Teaching and learning in the context of food will meet the criteria outlined in the Ministry of Health's Food and Beverage Classification System.
3. Adults will be encouraged to model healthy food and beverage choices.

In the Context of the Environment

1. Only those foods and beverages that fit within the "every day" and "sometimes" sections of the Ministry of Health's Food and Beverage Classification System will be provided or sold on site, for example, in the canteen.
2. All foods and beverages served or sold at events, for example, at fairs, for fundraising, or at sports events, will fit within the "every day" and "sometimes" sections of the Food and Beverage Classification System. Exemption for special circumstances may be granted by the Principal
3. Food and beverages will be avoided as rewards.
4. Our young people will be able to identify, and take action to address, food and nutrition issues in the school.
5. All food service personnel, teachers, nurses, coaches, and other school administrative staff will support and promote healthy eating practices.
6. Social Events will encourage young people to enjoy sharing and eating healthy food and beverages
7. Water will be the preferred beverage
8. Young people will be encouraged to wash their hands before eating and also to eat sitting down.
9. We will participate only in food-related events and initiatives that support healthy eating practices, for example, Health Promoting Schools, 5+ A Day, and the Heart Foundation's Healthy Heart Award and its School Food Programme

This procedure is reviewed as part of the Christchurch South Intermediate School Board of Trustees' programme of review.